

Elk Point REVIEW

Bringing You the News since 1984

Tuesday, September 30, 2014

Vol. 34 No. 39 • \$1 (GST incl.)

Iron Horse
Ultra this
weekend
...Page 5



**FOOT RACE
IN PROGRESS**

Break-ins
Keep RCMP busy

Elks back
Senior hockey returns

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Sam Macdonald photo

Stoney Lake park gets a forested facelift

Raymond Carriere, founder and president of Communities in Bloom, Dennis Bergheim, director of environmental and protective services with the County of St. Paul, Coun. Maxine Fodness, Robert Stokes, manager of prospector services, Coun. Dwight Dach, Westlock-St. Paul MP Brian Storseth, Reeve Steve Upham, director of legislative service and communications Kyle Attanasio, Parks Superintendent Ken Warholik, and Assistant CAO Tim Mahdiuk were all present at a ceremony on Sept. 26 unveiling new trees at the west end of Stoney Lake park. Story, Page 8.

Town council meets federal PC hopeful

VICKI BROOKER
Review Staff

One of the individuals seeking the Progressive Conservative nomination for the Lakeland federal riding visited Elk Point Town Council last Monday and Lewis Semashkewich said he plans to “talk to every council. I just want people to know I’m out there.” The third-generation Canadian has lived in the Lakeland all his life and makes his home in Athabasca, where he is a school trustee.

Semashkewich feels that part of the mandate for a Member of Parliament is “to get the governments working together. MPs get elected and don’t show up (to meet with other levels of government). The Lakeland is huge; there’s almost 105,000 people in this riding and grassroots issues and opinions are important.”

Seniors’ housing, the road network, railroads and

pipelines to get produced material to market and added value for resources were all seen as areas needing improvement.

Treated water storage

Three quotes were received for the new treated water storage facility, and council agreed to award the contract to Superior Concrete Pumping at a cost of \$1,417,500. The contractor indicated in the bid that he would be prepared to start in two weeks.

Later in the meeting, council passed a motion to borrow \$1.4 million from Capital Finance, with terms to be outlined in a bylaw that will be prepared for the next council meeting.

Franchise fee

The Town of Elk Point had the ability to ask ATCO Electric for a substantial increase in the franchise fee the town receives from ATCO, based on distribution revenue, but because this increase would have been passed on to ATCO’s customers in the community,

council decided to continue receiving 3.6 per cent in fees, as in previous years.

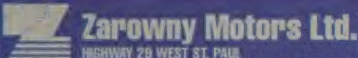
Support for Provincials

F. G. Miller High School’s athletic director contacted the town to seek sponsorship for the Senior High Girls’ Volleyball Provincials, which the school will host in November. Council agreed to support the tournament with \$1,000 from the Provincials Hosting budget.

Emergency management

Regional Director of Emergency Management Rob Duffy sent a request to council asking for the names of Elk Point’s deputy director and the two people who will sit on the advisory committee. Mayor Parrish Tung and Coun. Lorne Young agreed to take the latter posts, with a potential candidate for the responsible position of deputy director to be contacted to see if he will accept the role before his appointment is concerned.

(Continued on Page 2)



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Town council

(Continued from Front Page)

Evergreen

Couns. Debra McQuinn and Dwayne Yaremkevich reported on the recent Evergreen Waste Management meeting, which, Yaremkevich said, "really cleared the air. (Member municipalities) are on the same page now."

McQuinn said the municipalities were "surprised" when the Town of St. Paul outlined their plans for future development of a shredding unit that would reduce the volume of waste considerably.

Shredding waste is "a worldwide trend," Yaremkevich said. "It's a thing of the future."

Front pickup difficult

A complaint from an Elk Point senior who finds it difficult to wheel her trash bin to the street for pickup was brought to council, but did not find resolution. "The decision has been made for front pickup," Mayor Tung said. "It can't be changed now."

Elk Point 4-H Beef Club



RE-ORGANIZATIONAL MEETING

Monday, October 6th
at the Elk Point Riding Arena at 7:00 pm

Weigh Day

Monday, November 17th
at Shane & Priscilla Quist's Ranch
at 10:00 am

Contact Shane (780-210-4161) or
Priscilla (780-210-4162) for directions.
Contact Janice Wirsta (780-614-5995)
for additional information.

2nd Chance Trail Ride helps organ transplant recipients

VICKI BROOKER
Review Staff

Representatives of the 2nd Chance Trail Ride traveled to Edmonton Sept. 20 to present two very substantial cheques, with \$30,000 going to the GoodHearts Foundation and \$10,000 to the Canadian Transplant Association's organ donation awareness signage campaign.

The GoodHearts presentation was made at the foundation's 2014 annual meeting, where GoodHearts board member Silvio Dobri praised the hard work and dedication of the 2nd Chance committee and volunteers that resulted in the donation. The donation was instrumental in allowing GoodHearts to open a fourth furnished apartment at the Galen Lofts for transplant recipients.

GoodHearts president Jackie Foord said that the apartments cost the foundation \$8,425 per month to operate, and even if they are full every day, the rental revenue only covers \$3,600 of that amount. The foundation relies on donations such as that made by 2nd

Chance and casino revenue to cover the balance of the cost.

Even after the dona-

tions, the 2nd Chance organizers say they still have funds left to help community members

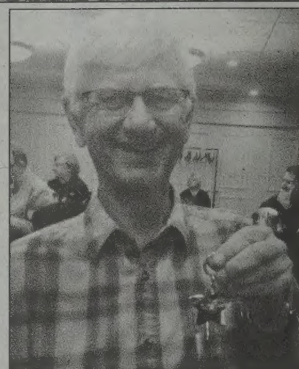
going through the transplant process, thanks to the tremendous response to their 2014 trail ride.



On hand for the presentation of the big cheque to the GoodHearts Foundation were, left to right are Ashley Rainey, transplant recipient Morris Irvine, Fae Irvine, transplant recipient Harvey Nelson, GoodHearts president Jackie Foord, GoodHearts board member Josh Eberhart, Hayden Rainey, Alyssa Irvine, transplant recipient Tom Matthews, Arla Pirtle; front, left to right, Carter Rainey and GoodHearts board member Silvio Dobri.

At right, Tom Matthews proudly displays the commemorative key chain he received to celebrate his fifth year as a transplant recipient.

Photos submitted



26th Annual Great White North PUMPKIN FAIR and WEIGH OFF

Sat., Oct. 4, 2014 Smoky Lake, AB

Friday, October 3, 2014 (Smoky Lake Complex Arena) 5 - 8 pm

- * Registration for Pumpkin, Squash, Watermelon, Long Gourds and Field Pumpkin
- * Free Family Entertainment, Pie and Coffee, 7 - 9 pm

Saturday, October 4, 2014 (Main Events are held this day)

SHUTTLE BUS SERVICE throughout the day

- * "Fun Run" Family Race (Ironhorse Trail, Downtown) 9:00 am CN Station
- * Archery Fun Shoot (At Ferry by Museum) 9:00 am
- * Farmer's Market (Beside Complex and at the School) 9 am - 4 pm
- * Music by the "Northern Kings" (Complex Hall) 9 am - 12 Noon
- * Face Painting, Balloon Art and Children's Crafts (Complex Hall)
- * Entertainment by Christine Horne (Complex Arena) 10 - 11:30 am
- * Seniors Garage Sale (Senior's Centre, Downtown) 9 am - 4 pm
- * Studio 28 Art Show and Sale (National Hall - Downtown) 10 am - 5 pm
- * Museum Open (North of Complex) 11 am - 4:30 pm
- * Threshing Bee (Next to the Museum) 2:00 pm

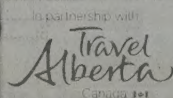
- * **NOON - WEIGH-OFF** for Pumpkins, Squash, Watermelon, Long Gourds and Field Pumpkins with Guest MC Andrew Grose (Arena)

- * Iron Cruisers Show and Shine (Downtown) 9 am - 4 pm
- * Pumpkin and Squash Auction (Arena) 3 pm
- * Beer Gardens, Lunch Services (Curling Rink, Downtown) 11:30 am - 4:30 pm
- * Giant Pumpkin Drop (West of Complex) 5:30 pm

Sunday, October 5, 2014 (Only Event)

- * Pumpkin Classic Golf Tournament (Smoky Lake Golf Course)
(Weather permitting) Tee Time at 12 Noon

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ST. PAUL REGION COMBINES RESOURCES FOR REGIONAL EMERGENCY MANAGEMENT

ST. PAUL, September 19, 2014 – The County of St. Paul, Town of St. Paul, Town of Elk Point and Summer Village of Horseshoe Bay have agreed to a regional approach to emergency planning.

A Working Group was formed (with representation from each of the municipalities) to guide the process, and it was agreed that a single Regional Emergency Management Plan (REMP) and Agency would make the best use of shared resources. To support this regional approach, a Director of the Regional Emergency Management Agency has been hired to represent all four municipalities. Mr. Rob Duffy has many years of relevant experience in: Emergency Preparedness and Fire Prevention; Firefighting; Occupational Health and Safety Officer; and Search & Rescue Manager. Rob's education includes a Bachelor's Degree in OH&S with a Major in Fire Science, as well as numerous Emergency Management and Firefighting certifications.

Statement from Rob Duffy, "This is a great opportunity to work with the four municipalities in the development of this process. We have all seen what a natural disaster can do to a community such as the floods in High River, Canmore and Calgary, or the fire in Slave Lake. So I'm very excited and I'm looking forward to seeing the end product of a solid Regional Emergency Management Plan that will ensure our preparedness, response and recovery if we ever have to deal with a major emergency or disaster in our communities".

The REMP will incorporate information from the current individual municipal emergency plans, and will provide additional opportunities to work together (e.g., training and exercises).

Developing this regional process and Regional Emergency Management Plan is being funded through a grant from Alberta Municipal Affairs Regional Collaboration Grant.

Where does the public fit in? Emergency planning is a shared responsibility that begins with each individual. You can contact Rob Duffy to find out more, or see how you can help. More volunteers will be needed as this process moves forward.

Media Contact: Sheila Kitz, CAO, County of St. Paul
skitz@county.stpaul.ab.ca

Rob Duffy, Regional Director of Emergency Management
rduffy@town.stpaul.ab.ca

CAPC back to work

VICKI BROOKER
Review Staff

Elk Point Community Advisory Policing Committee is back to work after the summer break, with a variety of issues brought forward by the representatives of various groups and agencies.

Mayor Parrish Tung said the rash of vandalism incidents over the summer showed that there is a real need for the revival of Citizens on Patrol, and with the interest shown, he is hopeful that a new group will soon be up and running.

County of St. Paul Coun. Dwight Dach told the committee "a lot of road work" is still underway in the county, including the Gideon Lake and Willow Range roads south of the North Saskatchewan River, and drivers are urged to watch out for construction areas.

Guy Genereux is still involved with Elk Point Victim Services as a mentor and consultant, and noted that there will be a need for new directors and board members because Deanna Easthope is leaving Elk Point.

FCSS director Alania Sanregret reported that a Family and Community Safety Program grant is just out, with "quite a bit of money available. I will be looking at programs that could partner." She added that she would

be going through the information night questionnaires to see what is needed. An elder abuse grant of up to \$150,000 is available for projects ranging from producing a resource book, hosting a conference or forum or hiring a regional coordinator on elder abuse.

Sanregret said she is also looking at setting up a youth interagency, which brought an immediate and enthusiastic "Sign us up for that!" from Sherry Bower Gagne and the P.U.P group. The interagency group would encourage youth to get through school and make good choices, she noted.

Her first Information Night as FCSS Director went exceptionally well, Sanregret said, thanking the P.U.P for their assistance in setting up all the tables and chairs.

The P.U.P likes to keep busy and involved, and Megan Phillips, Grade 9 and Brooke Krider, Grade 8, were bubbling over with plans of upcoming events, which included their back-to-school street party, with hot dogs, juice and music and a costume dance for the students on Oct. 31. The P.U.P sold cupcakes at Information Night, with the proceeds going toward their sponsorship of a three-year-old orphan in the Dominican Republic.

Rural Crime Watch president Orest Sereda said he and Coun. Dach

attended a very informative meeting in Heinsburg regarding break-ins at Laurier Lake. Over the summer, the group had a table at the RCMP open house on Canada Day, participated in the parade, worked a bingo in August and worked at the LRA Rodeo supper. Two new members were signed up at Information Night.

Victim Services director Dawn Lavallee reported 79 open files, with family violence, assault with a weapon and sexual assault the largest issues. Three representatives will attend the Victim Services conference on October 3 to 5.

Margaret Modin said activities at the Seniors' Recreation Centre are resuming, and the organization is looking for younger people to get involved.

RCMP Sgt. Dave Casey said the Frog Lake Powwow, with up to 10,000 people in attendance per day, went very well, with trouble kept to a minimum by the band's security personnel. Cst. Pedro Rodriguez left the detachment in June. Purchase of land for the new detachment is imminent, and an architect will then design the building. He does not expect completion until the spring of 2017. He added that liaison members have been designated for each school in the area.

ATVs, oil stolen in break and enters

BY SGT. D. CASEY AND
CST. CAROLINE DUPONT
Elk Point RCMP

During the night of September 22 and into the early morning hours of September 23 a residence located near Highway 29 and Range Road 75 experienced a break and enter.

Suspect(s) entered the property and forced open a door to a detached garage. From the garage multiple items were stolen including riding helmets. Two ATVs were also stolen from the property.

2013 Polaris RZR, black/white with green decals. Custom installed parts include a stereo with subwoofers, engine snorkel, a 22" LED lightbar mounted on

the underside of the roof, grey toolbox, and a winch.

2009 Polaris RZR, silver in colour with black and red decals. Custom installed parts include a stereo, engine snorkel, a 22" LED light bar, toolbox, and winch.

Both ATVs are very recognizable due to the custom parts and it is hoped a member of the public may recognize the vehicles. A photograph of one of the ATVs are shown at bottom left.

Elk Point RCMP are requesting the public's assistance in identifying suspect(s) involved in a break and enter to a local business.

On September 17th, 2014, staff at Marsollier Petroleum of Elk Point advise that the business was broken into over night and 26 cases of Mobile Delvac oil was stolen.

The cases contain four 4-litre plastic containers. There were five boxes of 13-30 and 12-40 weight oil and 21 cases of Super 15-40 weight.

Anyone with information about either of these or any other crime is asked to contact the Elk Point RCMP or Crime Stoppers. Crime Stoppers does not subscribe to caller ID or call display. All calls and web tips are anonymous and you can receive a reward. If you have any information about any crime, call 1-800-222-8477(TIPS) or submit your tip safely and securely online through www.crimestoppers.ab.ca



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Capsule Comments

by Your Natural Choice Apple Drugs
Pharmacy Manager, Chris Letawsky

- We're getting close to the flu season again, a time when some people try to decide whether to get a flu shot or not. Why suffer through the flu if you don't have to? Although the shots haven't been 100% effective, they certainly reduce the chances of your getting the flu and at the same time you are protecting others as well.
- The flu vaccine can't give you the flu. It contains only a killed virus which cannot infect you but builds up antibodies against the flu virus. Nasal vaccines do contain a live virus but have parts of the virus removed to reduce side effects.
- Some people feel that if they get the flu once in a season, they are protected from getting it again. Not so. Both types A and B flu viruses circulate each season and if one infects, you still could be infected by another strain.
- People talk about side effects of flu vaccine. In 2012 in Ontario, 7.8 million publicly-funded flu shots were given. Of those, there were 252 sore arms, 137 rashes and 47 fevers. And only 56 of the adverse effects were labeled "serious". Flu vaccines are very safe and side effects are very few.
- By the way, it is safe to get a flu shot if you are pregnant. Because pregnancy puts extra stress on the immune system, there is an increased risk of getting the flu if you aren't vaccinated. You are also doing your baby a favour as well. If you have any questions about flu shots, our pharmacists will be very happy to answer them.

Pharmaceutical Services Team

Chris Letawsky
Pharmacy Manager

Seyi Oyeboode
Pharmacist

Amanda Sidener
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EDITORIAL

Let's hear it!

With all the clubs and organizations getting back to work for another season, there's a whole lot of event and program planning going on in our community.

What's your group doing in the coming year? What projects are you undertaking, and why? Do you have a major cause, like raising money to help someone in need or to finance a building project, or are you planning an event that's just for fun? What does your group do to help make the area a great place to live?

We'd love to help you spread the word about your activities. If it's an event, you will need an ad, but if it's about the projects you have underway, it's news. Send us an update, and we'll help to spread the word.

HERE'S HELP

Coping with a serious diagnosis

COMMUNITYWIRE

Review Contributor

When you receive the news that you have a serious medical condition – whether it is cancer, heart disease, diabetes or some other condition – it can shake you to the core. Suddenly you're faced with the reality of a health challenge that you may not have expected and you're left riding an emotional roller coaster.

Like losing a loved one, people who are diagnosed with a serious medical condition often experience five stages of grief as they come to terms with their new reality. Understanding the stages and recognizing what you're going through will help keep you focused on your ultimate emotional goal: acceptance and mental well-being.

Recognizing the five steps of coping with a medical diagnosis

Stage 1 – Denial: This is typically the first emotion that surfaces upon receiving your diagnosis. Your first reaction may be: This isn't possible – I don't feel sick! This has to be a mistake – I'm too young for this! At this stage, the blow of the news is ricocheting through your mind as you try to comprehend the reality of the situation. You're in shock.

Stage 2 – Anger: The next stage is even more tumultuous as you start to face what the medical diagnosis will really mean for your life. The sickness, the treatments, the appointments, the life changes all weigh heavily on your mind and you're left wading in a pool of negative thoughts and hostility. You're angry, and your anger may be targeted at the doctor who diagnosed you, family, friends or even random strangers.

Stage 3 – Bargaining: When we feel vulnerable or helpless, our natural reaction is to try and regain control of our life. For some, this means bargaining with a higher power, while others seek a second opinion hoping for different results. Lifestyle changes may creep in at this stage – which can certainly help your overall health – however, they may not change the diagnosis.

Stage 4 – Depression: This stage is characterized by feelings of loneliness and sadness, and you may find yourself pulling away and distancing yourself from loved ones. You'll feel like the people you love and who love you don't understand what you're going through and this can feel extremely isolating; many pull inward as a result. At this stage, many people who have been diagnosed with a serious illness are also mourning the loss of their former self – their healthier self and the life that went with it.

(Continued on Page 11)



WAY BACK WHEN...

River water, resignation, runs for Terry Fox

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF SEPT. 30 IN...

1984

Pan Canadian Petroleum Ltd. took an option on 10.69 acres of land in the industrial park, with plans to build an office building, warehouse and outdoor storage yard, the project estimated at \$750,000. Elk Point Minor Hockey president John Yakemchuk, secretary Stella Lorenson and treasurer Doreen Younghans were returned by acclamation, with fees set at \$20 for Tom Thumbs and Mites and \$25 for Peewees and older.

1989

Elk Point received approval to pump water from the North Saskatchewan River, rather than from Hook Lake, into the town's raw water reservoir, resulting in what Mayor Bruce Kleeberger called "the most treatable water we have had for years." For just over 20 hours, it appeared that Elk Point would have an election, but just before the deadline, incumbent Steve Shmyr and newcomer Mike Glover withdrew from the race, leaving Alvina Schuhmacher, Allan Frankiw, Morris Cooper, Adele Mandryk and Lawrence Pidluzny to be elected by acclamation as a shorthanded council.

1994

Town council called a by-election after Coun. Vern King resigned, leaving only three councillors, due to resignations by Betty Callbeck and Lawrence Pidluzny earlier in the year. Christian Kittlitz almost needed a

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

pickup truck to haul away 10 awards from F. G. Miller Awards Night, including Academic Honours, top marks in Math 30, Social Studies 30, Physics 30 and Chemistry 30, the Governor General's Bronze Medal, the County of St. Paul High Academic Standing award, the Kates Memorial Scholarship, a Rutherford Scholarship and the Pan Canadian Petroleum scholarship.

1999

The F. G. Miller Class of 1999 returned for their graduation ceremonies, with valedictorian Dawn Poisson receiving the Governor General's award, the most prestigious award in high school. A total of 47 participants walked, ran, rollerbladed, rode bikes and strolled along the 10-km course at the Terry Fox Run in a record-breaking year that raised \$4,843.70 in pledges, with Peggy Maas and family raising \$2721 of that amount.

2004

Elk Point Further Education celebrated 30 years of success, with four charter members, Sid Holthe, Irene Miller, Margaret and Lawrence Modin, presented with a small gift in recognition of their efforts over the years on the council's behalf. Parrish Tung said he was "excited, and a little humble" after being elected as Elk Point's new mayor by acclamation, and noting, "It will be a big task."

2004

Elk Point Elementary School kept Terry Fox's dream alive as students and staff turned out in full force for the run, led by flag bearers Kaylee Poiras and Clarissa Gusnowski, both cancer survivors. F. G. Miller High School students were eating better, following an all-out effort on the school's behalf to implement the Healthy Eating Guidelines for Schools set out under the Alberta Nutrition Guidelines for Children and Youths.

ELK POINT
REVIEW

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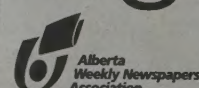
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Canada



Submitted photo

Trail marking trio

The Iron Horse Ultra 100 trail marking crew included three eager young volunteers this past weekend as leg after leg of the trail received the necessary markers to keep participants in the 100-km and 100-mile runs on course this coming Saturday and Sunday.



Photo by Daniel Peterson

Heinsburg runs for Terry Fox

Dezrayh Cross, Grade Three, (right), stops to pose for a picture along the Heinsburg Terry Fox Run. In the background are senior high girls walking the route. Heinsburg Community School participated in the annual Terry Fox run this past week. Students and staff took part in the run or walk around the community of Heinsburg on the first day of autumn, September 23. All students were encouraged to raise funds in Terry's name for cancer research. Donations are still being collected but to date, the school has raised \$565 in funds.

30th Annual Ducks Unlimited Dinner & Auction

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Runners ready for Iron Horse Ultra 100

JON SVEC
Review Contributor

The annual Iron Horse Ultra 100 is set to take place on Oct. 3, beginning in St. Paul and moving through various surrounding areas.

The run pits individuals and teams against a difficult but scenic 100-mile or 100-kilometre track.

A portion of the trek is done over the Iron Horse Trail – a discarded railroad track that features loose gravel – but some legs of the race feature some trickier landscapes.

“We are talking about farmland,” said race director Monique Poulin. “There are cow pastures, fields, cow trails, and they do lots of range road running.”

While teams are able to divide up portions of the run between teammates if they choose, the Iron Horse Ultra 100 is still not something to be taken lightly.

“It’s not a race for everyone,” Poulin said. “There’s a big difference between running on pavement versus running on trail. There’s a huge mental aspect to it . . . If you finish it, you have accomplished something.”

Even so, many participants choose

not to focus on their run times, but to instead enjoy the journey.

“They are just happy to be out there and running,” Poulin said. “It’s about the scenery. You get to go places that you’re not allowed to go any other time of the year. It’s private land, so they get to see things we don’t get to see.”

With 100 runners signed up as of Friday, Poulin predicts that there will probably be between 120-150 runners signed up for the event by the day of the run, an increase in participation from last year.

The run begins at 7 a.m. on Saturday, Oct. 3, and most of the people running the 100-mile track will go through the night and finish on Sunday morning. They will accept registrations until Sept. 30, and they are always looking for more volunteers.

In Elk Point, many of those volunteers will be located at the Iron Horse Trail staging area. “We’ll be there all day and all night,” Melanie Poulin said. The volunteers are on hand to man the check point, offer food and beverages to the runners and cheer them on in their effort to master the long and challenging run.



Iron Horse Ultra 100

Saturday, October 4, 2014

WE NEED RACE DAY VOLUNTEERS!

Volunteer Registration & Orientation

Wednesday, October 1st, 7:00 to 9:00 pm,

Ecole du Sommet, St. Paul

info2
know

2014 Deer Hunters - Your role in Chronic Wasting Disease Surveillance

As a deer hunter in Alberta, you play an important role in the province's chronic wasting disease (CWD) surveillance program.

The government **requires** CWD testing on all deer harvested within Wildlife Management Units (WMUs): 102, 116, 118, 119, 124, 144, 148, 150, 151, 152, 160, 162, 163, 164, 200, 202, 203, 204, 230, 232, 234, 236, 238, 254, 256, 258, 500, 728, and 730. It is **mandatory** to submit deer heads harvested in these areas.

As in 2013, four voluntary units are identified: 138, 142, 156, and 166.

Antlers and skull cap can be removed before the head is submitted.

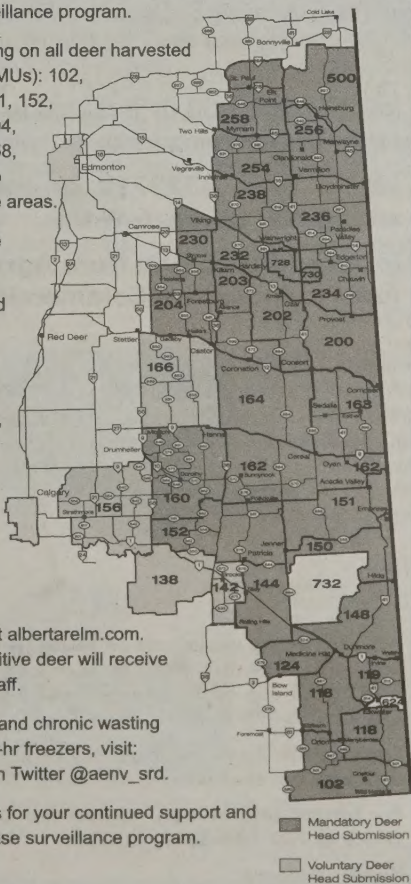
Each head must have a green CWD label attached. After you shoot your deer, visit a Fish and Wildlife office or, during rifle seasons, one of our 24-hr freezers in eastern Alberta to pick up and fill out BOTH SIDES of a green CWD label. Heads should be kept frozen and dropped off at any Fish and Wildlife office or at any of the freezers.

CWD-negative results are provided at albertarelm.com. Any hunter who harvests a CWD-positive deer will receive a phone call from Fish and Wildlife staff.

For information on hunting in Alberta and chronic wasting disease, including locations of the 24-hr freezers, visit: www.mywildalberta.com. Follow us on Twitter @aenv_srd.

Thanks to all hunters and landowners for your continued support and co-operation with this important disease surveillance program.

Alberta Government



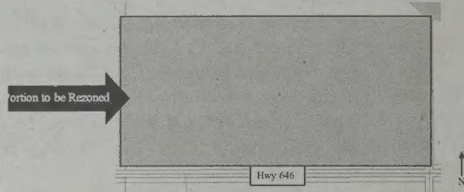


NOTICE COUNTY OF ST. PAUL NO. 19

Notice is hereby given that the Council of the County of St. Paul No. 19 is considering **Bylaw No. 2014-24** which is a Bylaw to amend the Land Use Bylaw No. 2013-50 as it relates to zoning of the following land:

S 1/2 of SE 6-57-6-W4M

Proposed rezoning from Agricultural to Industrial Commercial



A Public Hearing will be held on **Tuesday, October 14th, 2014 at 11:15 a.m.** or as soon thereafter as can possibly be arranged, at the County Office (5015-49th Ave) in St. Paul.

Copies of the Bylaw and Plan may be inspected during normal office hours at the County Office.

For further information, contact the County Office at 780-645-3301, ext 205.

**Krystle Fedoretz
Planning & Development Officer
County of St. Paul No. 19
5015 - 49 Avenue
St. Paul, AB., T0A 3A4**

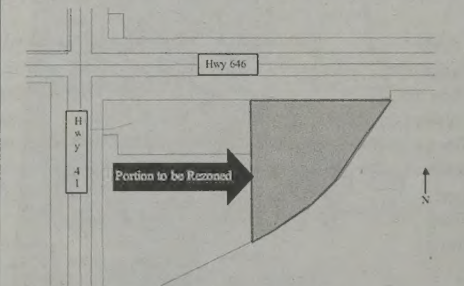


NOTICE COUNTY OF ST. PAUL NO. 19

Notice is hereby given that the Council of the County of St. Paul No. 19 is considering **Bylaw No. 2014-20** which is a Bylaw to amend the Land Use Bylaw No. 2013-50 as it relates to zoning of the following land:

Lot B, Plan 8322712 contained within NW 31-56-6-W4M

Proposed rezoning from Agricultural to Industrial Commercial

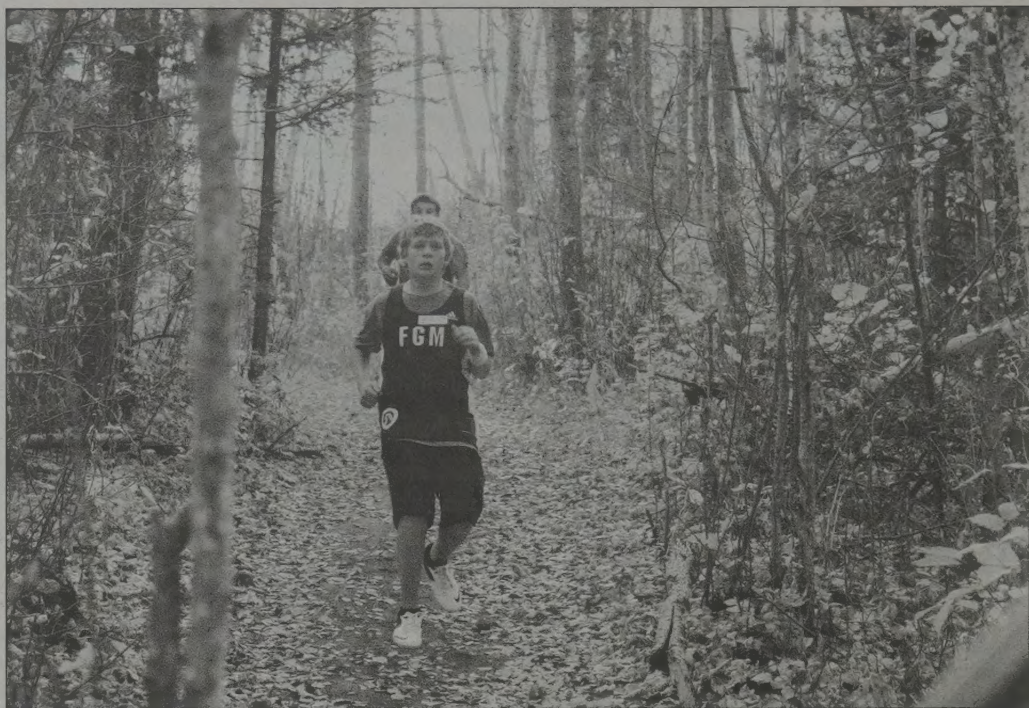


A Public Hearing will be held on **Tuesday, October 14th, 2014 at 11:00 a.m.** or as soon thereafter as can possibly be arranged, at the County Office (5015-49th Ave) in St. Paul.

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**Krystle Fedoretz
Planning & Development Officer
County of St. Paul No. 19
5015 - 49 Avenue, St. Paul, AB., T0A 3A4**



FGM runners take part in SPAA Cross Country

JON SVEC
Review Contributor

It was the perfect day for a run. Everyone lucked out on Sept. 25 when warm air and clear skies greeted participants, volunteers and fans for the St. Paul Athletics Association Cross Country Finals, hosted at Westcove.

"We've got a great day out here," commented Hank Smid, Athletic Director at the Regional High School. "The course is in great shape."

The day saw 12 total races being run between the different age levels, with turns mapped out at various locations in order to account for the differing distances. Boys and girls from Grade 7 to 12 participated in the runs, and there were even a few Grade 6 students traversing the course to get some experience for next season.

According to Mandy Palinka, a staff member from Racette, the meet provides both the opportunity to be competitive, and the chance to just get out, get some exercise, and have a good time.

"We have fun," she said. "We go out, we do our runs, and when it comes time to be competitive, they are all right in there. They all want a piece of it."

Jonathan Randall of F. G. Miller in Elk Point sees the same balance when working with his team.

"Some of the kids are out here just to complete the run, which is

fine. But some kids are out there to win," he said. "I think both are important."

The day's format was certainly conducive to that balance. Schools received points for their top three finishers in each category, and then those points were tallied in order to see who went home with the banners.

Once all of the points were added up, St. Paul Regional High School went home with the Senior High Boys Banner, while an impressive effort by Ecole Mallaig Community School earned them the Senior High Girls Banner. Racette also had a strong day at the races, winning both the Junior High Girls and Junior High Boys Banners.

Top three finishers from each category are:

C Girls (2000m)

Cole, Alycia - Glen Avon - 10:20
Faucher, Hannah - Racette - 10:26
Pasitney, Sophie - Racette - 10:28

B Girls (2000m)

Gerlinksy, Morgan - Racette - 9:59
Faichney, Dawn - Glen Avon - 10:10.5
Bespalko, Sydney - Racette - 10:11.5

A Girls (3000m)

Zieverink, Abigail - Racette - 14:28
Trottier, Mackenzie - Racette - 14:43
Theroux, Sydney - Glendon - 14:51

C Boys (2000m)

Martin, Jakob - Racette - 9:19
Jackson, Gabriel - Ashmont - 9:20

Medema, David - Mallaig - 9:31

B Boys (2000m)

Anderson, Nicholas - FG Miller - 8:21

Footte, Joshua - Racette - 8:26

Hebert, Daniel - Racette - 8:49

A Boys (3000m)

Levasseur, Brendan - Racette - 12:10

Drobot, DJ - FG Miller - 12:16

Hunter, Alex - FG Miller - 12:33

Junior Girls (3000m)

Corbiere, Brooke - Mallaig - 14:48

Kupchenko, Jodie - Two Hills - 16:05

Nowicki, Makayla - Mallaig - 16:07

Intermediate Girls (4000m)

Starosielski, Mienna - Mallaig - 20:21

Muench, Marissa - SPRHS - 20:27

Matchatis, Alycia - Ashmont - 20:46

Senior Girls (4000m)

Ozga, Haley - Mallaig - 22:45

Hebert, Seleena - Mallaig - 22:46

Kwiatkowski, Becky - Glendon - 23:41

Junior Boys (4000m)

Ference, Brodin - FG Miller - 17:29

Brousseau, Madison - SPRHS - 18:31

Seguin, Brett - Mallaig - 18:32

Intermediate Boys (5000m)

Jackson, Kona - Ashmont - 22:33

Footte, Brenden - SPRHS - 22:54

Hellquist, Logan - SPRHS - 23:16

Senior Boys (6000m)

Lupul, Nick - SPRHS - 24:31

Guilbault, Bryan - Mallaig - 26:00

Lee, Travis - SPRHS - 26:47



County of St. Paul No. 19

TAKE NOTICE that the following **Development Permit** has been issued in accordance with **Land Use Bylaw No. 2013-50 of the County of St. Paul No. 19.**

PERMIT # LOCATION
14-D0135 N.E. 25-56-7-W4M

Accessory Building - Industrial Commercial Use
subject to rezoning
Land Use District: Agricultural (A)
Discretionary Use

Any person claiming to be affected by the said Development, may appeal within fourteen (14) days of this advertisement, to the Subdivision and Development Appeal Board by serving Notice of Appeal to the Secretary of the Subdivision and Development Appeal Board of the

County of St. Paul No. 19, 5015-49 Ave., St. Paul, AB., T0A 3A4

The appeal letter must contain at least one reason for appeal and if the development permit is a permitted use under the land use bylaw, no appeal applies unless the provisions of the bylaw were relaxed, varied or misinterpreted in the decision of the Development Authority. The appeal fee is \$200.00 (refundable if appeal is successful).
September 30, 2014
Krystle Fedoretz, Development Authority Officer

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they forgot to advertise in their community newspaper!
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F. G. Miller Junior and Senior High School's cross country team made a good showing at the St. Paul Athletics Association Cross Country Finals at Westcove on Sept. 25, with a number of FGM students making it into the top three in their age categories.

Jon Svec photos



FGM on the run!



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COMMITTEES
OF THE LEGISLATIVE ASSEMBLY

The Legislative Assembly of Alberta's Standing Committee on the Alberta Heritage Savings Trust Fund will meet with Albertans to discuss the status of the Fund.

Public Meeting

Thursday, October 9, starting at 4:30 p.m.

Lister Centre, University of Alberta, 11613-87 Avenue, Edmonton

Attend in person, watch the live broadcast on Shaw TV or follow the webcast

committees@assembly.ab.ca | 780.427.1348 (toll-free dial 310.0000)

Note: This is a public meeting that will be broadcast live, recorded and photographed.

#abheritagefund | assembly.ab.ca/committees/abheritagetrustfund



Sam Macdonald photo

Raymond Carriere, founder and president of Communities in Bloom, Robert Stokes, manager of prospector services, and County of St. Paul Reeve Steve Upham unveil the commemorative plaque.

Stoney Lake gets a forested facelift

SAM MACDONALD
Review Staff

The Stoney Lake Campground received a green and growing update to a portion of its grounds this month. As the leaves are in full change and other local parks are preparing for the coming winter season, Stoney Lake has undergone a project relating to a vision looking years ahead.

Last week, about 240 new trees and shrubs were planted at the western wing of the park, where the trees by the lake open up onto pasture, to beautify and restore the area.

The west end of the park had been bare of all but minimal foliage for the last few years, after a windstorm damaged and destroyed many of the previous trees.

Kyle Attanasio, director of legislative service and communications with the County of St. Paul, noted the lack of trees between camping stalls created privacy problems, and was something county sought to rectify.

"The area was very bare, and we were looking for a way to improve the aesthetics between stalls. The planting was a step in the right direction," he said.

The project was a collaborative effort involving the County of St. Paul, Communities in Bloom, and Agrium. The project used the Community Green Spaces grant, with money provided by Agrium, in partnership with Communities in Bloom.

The county donated \$10,000 while

Agrium and Communities in Bloom matched that amount, to pay for the trees that were planted by workers and volunteers from around the county.

"Two years ago, Agrium created a grant program to enhance community green spaces . . . with a focus on community projects," said Raymond Carriere, president and founder of Communities in Bloom.

According to the Community in Bloom website, the grant program is meant to establish, create, or enhance local green spaces such as parks, community grounds, or municipal properties.

"The county has expertise, and we appreciate when they rely on expertise. We'll see nice thriving trees because of the placement, and staking young trees is also necessary. These guys know what they're doing," said Carriere.

The trees and shrubs for Stoney Lake were planted in the camping site, as well as on the embankment bordering the area. Toso Bozic, a woodlot extension specialist with Alberta Agriculture and Rural Development, was also on the scene to provide recommendations for optimum placement and planting.

"Both Monday and Tuesday were good days for planting. The Elk Point 4-H club kids came in on Monday to help out. Some co-workers and their grandparents did too," said Attanasio.

County of St. Paul Reeve Steve Upham said the county applied for the grant in the spring, getting approval in the summer.

(Continued on Page 9)



Devon Canada's *Safe and Healthy Communities Grant* provides local non-profits up to \$5,000 to help ensure kids and families are safe and healthy.

For more details and to apply visit
www.devongrants.ca

The deadline for applications is
October 31, 2014

**Apply now for
Devon's Safe and Healthy
Communities Grant**

Commitment Runs Deep


devon



Sam Macdonald photo

Talking about trees - County of St. Paul Director of Environmental and Protective Services Dennis Bergheim (left), Director of Legislative Service and Communications Kyle Atanasio, and Westlock-St. Paul MP Brian Storseth discuss the placement and variety of a series of new trees planted at Stoney Lake park. The trees were planted to beautify and increase privacy at the west end of the park, between camping stalls, and was funded by the county in conjunction with Communities in Bloom and Agrium.

Trees

(Continued from Page 8)

"It's part of the an effort to improve and develop the park. It's nice to have a variety of species and colours," he said.

In a speech to guests, Upham gave special recognition to Russ Kowtun, a former employee of the county, and founder of the park, saying, "He had a vision for Stoney Lake, and we recognize him and that vision today. It's just a little development, but it shows that Stoney Lake is truly one of our jewels."



House concerts coming this fall and winter

INFORMATION SUBMITTED

A series of events that are coming to this area this fall and winter have deep roots that go all the way back to the Chatauquas and traveling medicine shows of the late 19th and early 20th century, and enjoyed a new spurt of growth during the folk music boom of the 1950s, 1960s and 1970s, when a significant number of young people chose folk singing as their profession. With the number of talented performers by far exceeding the number of places to play, house concerts remain a significant part of the music scene.

Home Roots house concerts take entertainers on tours across Canada, with 14 routes visiting communities large and small and performing complete concerts in people's homes. Audiences usually range from 25 to as many as 60 music lovers, who delight in enjoying good music at a grass roots level.

House concerts give residents of small communities the opportunity to enjoy the work of professional artists of exceptional talent without traveling long distances to attend a show, and they give the artists another venue to entertain in addition to theatres, concert halls and music festivals. With almost no separation between the artist and audience, a house concert is an intimate experience for everyone. Casual, comfortable and unpretentious, house concerts are fun and very often inspirational events that create lasting memories.

This year's lineup starts with The Secrets, a Newfoundland-based country music trio, coming Oct. 27 and acoustic guitar virtuoso Ken Hamm and country blues singer Linda McRae on Nov. 26. Lynne Hanson, whose style is described as "porch music with a little red dirt" is coming on Feb. 12, 2015, Tim Readman and Jennie Bice on March 13 and country singer and songwriter Ridley Bent on April 18.

For more information on location and tickets, call Mona McGinnis at 780-724-2268.

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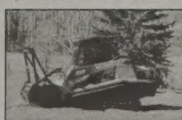
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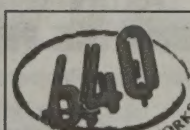
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Safely move farm equipment on roads this harvest season

CANADIAN AGRICULTURAL SAFETY ASSOCIATION

Golden fields of wheat and the sight of trucks full of grain are sure signs that the harvest season is upon us once again. Every harvest season there are collisions between farm equipment and passenger vehicles resulting in expensive repairs, injuries and sadly even deaths. However by taking a small amount of time to discuss how to safely transport agricultural equipment, farmers and their equipment operators can minimize the risk of a collision.

Glen Blahey is a Health and Safety Specialist with CASA. "There are three common types of collisions involving farm equipment and a typical road vehicle: Rear-end, passing and left-turn collisions."

Farm equipment moves much slower than regular highway vehicles. A typical tractor travels less than 40 kilometers per hour. Farm machinery is long and wide. Motorists can underestimate the length, width and speed of farm machinery, often with disastrous results. Rear-end collisions occur when motorists come up on farm equipment too quickly. Passing collisions often occur because motorists attempt to pass without having a clear view of oncoming traffic. And left-turn collisions happen because motorists often think the equipment operator is pulling over to allow the vehicle to pass but the operator is actually making a wide left turn.

So what can farmers do to prevent these types of collisions? The first step is having a conversation with all equipment operators and truck drivers about how to safely and efficiently

move farm machinery on public roadways.

In March, the Canadian Agricultural Safety Association (CASA) and the Canadian Federation of Agriculture launched "Let's Talk About It!", a Canadian Agricultural Safety Week campaign focused on encouraging farmers to talk about farm safety. As a part of "Let's Talk About It!", CASA developed the Toolbox Talks, a series of brief, informal talks that help farmers discuss with their workers and their families about safely conducting farm tasks, including the operation of farm equipment on public roadways.

"By having a conversation with equipment operators and truck drivers at the beginning of the harvest season, farmers can lay out their expectations and procedures on how to safely move farm equipment," Blahey says. "CASA's toolbox talks are an excellent way for farmers to effectively communicate these expectations in clear and comprehensive way."

Some quick and easy tips to remain safe this harvest season are:

Be Visible. If motorists know that slow moving farm machinery is on the road with them and how that machinery is likely to move, the chance for a collision is greatly reduced. All slow moving farm equipment must be equipped with A Slow Moving Vehicle (SMV) Emblem. This emblem is a triangular, bright-orange sign with a red border. It must be placed at the centre or to the left of centre of all slow moving farm vehicles and equipment. Make sure that the SMV emblem is clean and visible. Lighting is also important to make sure that your farming equipment is visible to

motorists. Tractors and other self-propelled equipment must have at least two headlamps visible from the front, two red tail lamps visible from the rear and two flashing amber warning lamps visible from both the front and the rear of the machine. Proper turning signals should be available and used at all times so that motorists can anticipate what the farm machinery is going to do. Some provinces have other lighting requirements, check with your provincial department of transportation for these regulations.

Be Cautious. When operating farm machinery on a public road, be sure to drive as far to the right as possible to give motorists room to pass, but stay on the road. Travelling on the shoulder presents its own hazards - it may be soft or have obscured hazards like culvert openings or depressions. Equipment operators should never allow extra riders on farm machinery. If something goes wrong, the extra rider is the most likely person to die. Always remember to buckle up your seat belt, even a low speed equipment crash can result in a significant injury.

Be Alert. Only properly trained and licensed drivers should ever operate farm machinery. While it goes without saying that no one should ever operate farm machinery under the influence of drugs or alcohol, it's also true that anyone who is overly tired should also avoid driving.

By following these guidelines, farm workers will minimize the chance of a collision or other incident while travelling on public roadways in a farming vehicle. CASA wishes all farmers a safe, healthy and productive harvest season.

Diagnosis

(Continued from Page 4)

Stage 5 - Acceptance: The final stage is one marked by a sense of calm. While you are not necessarily happy in the traditional sense, you have come to accept the diagnosis and have ceased your internal fight against it. In this stage, you may:

Accept that your life will be different because of the illness

Allow yourself to find joy in joyful experiences

Continue educating yourself about the condition so you can better manage it

Take steps to improve your health through diet and exercise, understanding that it is not likely to cure your illness but will improve your health in general

Focus more on gratitude knowing that in many cases there are treatment options available

Receiving a medical diagnosis about a serious illness will always be hard to hear and difficult to accept. While you may not be able to control the physical manifestation of your condition, you can take steps to minimize how it affects you mentally. Allow yourself time to grieve about your diagnosis and recognize the stages as you progress through them, striving for acceptance.

The Wheat Growers call for railway accountability

THE WESTERN CANADIAN WHEAT GROWERS

The Western Canadian Wheat Growers Association is urging the federal government to take measures to hold CN and CP accountable for their performance. "Like every other player in the system, the railways need to be held accountable for their performance," says Levi Wood, President of the Wheat Growers. "Current measures fall well short."

The Wheat Growers were responding to revelations last week that the penalty to the railways for fail-

ing to meet the minimum weekly grain shipping requirement is \$100,000 per violation. This is a paltry amount when compared to the average weekly freight revenue earned by CN (\$184 million) or CP (\$115 million).

The Wheat Growers had called for the fine to be \$1,000,000 per violation when Bill C-30, the Fair Rail for Grain Farmers Act, was reviewed by the House of Commons Agriculture Committee in April.

The Wheat Growers have also called on the federal government to give shippers the ability to gain

reciprocal penalty provisions in service agreements with the railways. As it currently stands, shippers are not able to seek arbitration with respect to the inclusion of such penalties in service agreements. This means shippers cannot hold the railways to account for their performance in any meaningful way.

The Wheat Growers will be seeking further long-term measures to improve service, capacity and competition in the rail sector as part of the current review of the Canada Transportation Act.

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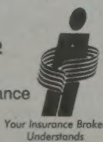
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Questions contact
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Wonderful time of the year

This is the most wonderful time of year to be a sports fan. Baseball playoffs start today. One solid month of baseball games on the TV almost each and every night. Every game takes an eternity to play, so you can go for a shower, have a snack and do some paper work, text someone and hardly miss a pitch. But in baseball every pitch can be the turning point of the game so you won't want to miss one minute.

I have my own TV in a spare room for the baseball playoffs. It's the only time of the year it gets turned on. Four hours of baseball is just a little too much for my wife.

And now with the challenges on the calls, it may take even longer. I prefer the old way when there wasn't a replay challenge, just the manager coming out to argue with the umpires. With the replay there is no real arguing, you're either safe or you're out, no question. So no one really gets into the umpire's face and kicks dirt like they used to.

I think in the future we are going to miss that part of the game.



doug
BASSETT
Review Sports

Don't like baseball, how about football. The CFL is half way through their season and the eastern teams are finally waking up, winning a few games and starting to move up the standings. For the first five or six games, the eastern teams all had about one win each while the west was cleaning right up. The NFL is just starting. On the tube all day Sunday, then of course Monday night football and now I think Thursday night too.

And let's not forget about Canada's number one sport, hockey. How could we? The preseason is here and everyone is pumped. Is

this the year the Leafs and Oilers make the playoffs, or will it be another year of disappointment? We still have Don Cherry for now! Who will ever replace a guy like him? The game will never be the same, just like the umpire and manager going at it on the ball diamond.

Best of all, back home, our very own minor hockey will be starting in a few weeks. I can't wait to see the new batch of little guys trying to skate and bumping into each other and falling down. And older returning players, see how much have they grown over the summer and improved their skills. And to top it all off we have of course the new Senior Elks team. Season opener is here at home, Friday, Oct. 24 at 8 p.m. against Kitscoty.

Now for the K.A. Campbell quote of the week. "We are finally starting to see the train at the end of the tunnel." Last week's answer to: "Forget about talent; worry about results." Bobby Orr

Assault, B & E

SGT. DAVE CASEY
CST. DARREN RYAN
Elk Point RCMP

On the early morning hours of Sept. 21, the Elk Point RCMP responded to a complaint of an assault and shots fired in Frog Lake. An RCMP member spoke to the complainants nearby, they had fled the scene. The RCMP entered the yard to the residence and located an intoxicated male; a loaded .22 calibre firearm was located nearby. The male was arrested without incident.

Darren Cross (31) of Frog Lake was arrested and is facing numerous criminal charges. He was remanded into custody and is to appear in court.

Elk Point RCMP are seeking the public's assistance to identify culprit(s) involved in a break & enter to a business.

On Sept. 26, the staff of Quinn's Tattoo shop on 50th Street in Elk Point reported that the business was broken into overnight, cash and women's t-shirts were stolen. The culprit(s) gained entry into the apartment area above the business, they kicked in the wall, made their way through the wall and worked their way to the bottom floor area and kicked in the wall to enter business.

Anyone with information about this or any crime is asked to contact the Elk Point RCMP or Crime Stoppers. Crime Stoppers does not subscribe to caller ID or call display. All calls and web tips are anonymous and you can receive a reward. If you have any information about any crime, call 1-800-222-8477(TIPS) or submit your tip safely and securely online through www.crimestoppers.ab.ca

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